

Road to Success: Workshop on Soft Skills and Etiquettes

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They say, *“First impression is the last impression, so try to make a lasting one!”*
But how does one leave an impression that reflects the true self and the best version of oneself?



Questions like these and many more were answered in a workshop on 'Soft Skills' organised for the final year students of Vivekananda Institute of Professional Studies on August 17, 2017 in the Executive Classroom of the institute. The resource person for the two hour long workshop was Ms. Aarti Upadhyay, Founder Consultant and Trainer, Dreamboat Consultants. Titled as 'The road to Success', the workshop covered soft skills and etiquettes, various aspects of non verbal communication, importance of gestures and postures, business etiquette and interview skills.

The workshop began with the formal introduction of Ms. Upadhyay and soon everyone was engaged in the conversations ranging from handshakes to the voice modulation skills, discussing the presentation styles of top leaders across the globe. The workshop aimed at identifying the meaning of Soft Skills and its importance in the Professional field. Ms. Upadhyay focused on making the first impression a more lasting and memorable one, and how the initial impression of a person can be deceptive, but is indeed the reflection of who one is. She stressed on the importance of Professional Dressing, appropriate body language and even displayed certain techniques with students volunteering for the same. This was followed by the tips on the Do's and Don'ts of a job interview. She emphasised on simple body gestures that can bring a radical change in one's personality and how even the tiniest of the details can help shape one's image.

Dr. Isha Rawal and Ms. Shruti Nagpal were the faculty coordinators of the

workshop and they worked closely with Prof. Shilpa Khatri Babbar, Dean, Students Welfare and Protocol to make this workshop an enriching experience for the students. The workshop ended with an inspirational video and a group photograph.

